## Sample Foods List

Included in this list are sample ideas for a la carte, vending, and regulated fundraising items that may meet the Healthy Kids Act Nutritional Content Standards. Please use the Healthy Kids Act Nutrition Calculator, located at www.tinyurl.com/lowa-HKA to ensure specific products meet the Nutritional Content Standards.



Iowa Department of Education

Whole Grain Flat Breads

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Fresh Fruit - serve whole, sliced, cut in half, cubed, or in wedges

**Apples** Cantaloupe **Pears** Mandarin Oranges Cherries **Apricots** Mangoes Pineapple Bananas Grapefruit **Nectarines** Raspberries **Blackberries Strawberries** Grapes Oranges Blueberries Kiwi Peaches Watermelon

100% Frozen Fruit - berries, grapes, melons, peaches

100% Dried Fruit - apricots, bananas, cranberries, pineapple, raisins

100% Freeze-Dried Fruit – apples, bananas, pineapples, strawberries, peaches

Fruit Smoothies - blend bananas, berries, and pineapple or other fruit combinations

Fruit and Cheese Kabobs - with reduced-fat cheese

Individual Fruit Cups - applesauce, fruit cocktail, pears, peaches

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## Fresh Vegetables

Celery Sticks **String Beans** Broccoli Snap Peas **Baby Carrots** Cucumber Snow Peas Tomatoes Soy (Edamame) **Zucchini Slices** Cauliflower **Peppers** 

**\$alad** - pre-made salads or a salad bar

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Whole Grain Crackers **Puffed Rice Snacks** Single-Serving Low-Sugar Cereals Whole Wheat English Muffins **Cereal Bars Baked Tortilla Chips** 

**Multi-Grain Pita Chips** Whole Grain Granola Bars

-----DAIRY------

Reduced-Fat Cheese Sticks/String Cheese - cheddar, mozzarella, swirl

Popcorn

**Yogurt** – plain, flavored, fruited

**Yogurt and Fruit Cups** 

Low-Sodium Pretzels

**Mixed Nuts Sunflower Seeds Peanuts** Almonds

-----BEVERAGE\$------

Low-Fat and Fat-Free Milk Water 100% Fruit and Vegetable Juice